

RAIN? WE TRAIN!



WEEK 1

WWW.TRINIRVANA.SPACE

COPYRIGHT TO TRI NIRVANA ST CO., LTD, 2016

SWIM CLINIC #1 KEY-NOTES

WARM UP: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=FECFNNMYIAA](https://www.youtube.com/watch?v=FECFNNMYIAA)

HEAD POSITION:

- IS YOUR HEAD POSITION OPTIMAL?
- [HTTP://WWW.TRINIRVANA.SPACE/VIDEO/TOTAL-IMMERSION-TECHNIQUE-1-LASER-BEAM/](http://www.trinirvana.space/video/total-immersion-technique-1-laser-beam/)

ALIGNMENT:

- RIGHT SIDE OF THE BODY STAYS ON THE RIGHT SIDE.
- LEFT SIDE OF THE BODY STAYS ON THE LEFT SIDE.
- ARE YOU CROSSING OVER?
- [HTTP://WWW.TRINIRVANA.SPACE/VIDEO/TOTAL-IMMERSION-TECHNIQUE-1-LASER-BEAM/](http://www.trinirvana.space/video/total-immersion-technique-1-laser-beam/)

TAUT BODY:

- ARE YOU NOODLING? - YOUR BODY DOES NOT FLAIL BEHIND YOUR BODY LIKE A NOODLE
- PULL BUOY & ANKLE STRAP
- DEEP WATER VERTICAL KICKING

PROPULSIVE PULL:

- ALL WE WANT IS A BIG STRONG CATCH AND PUSH IT BACK BEHIND YOU.
- GRIP IT & RIP IT
- CONTINUOUS MOTION
- POWERFUL MOVEMENT

BREATHING

- YOUR HEAD FOLLOWS THE ROTATION OF YOUR BODY
- WORK ON FLEXIBILITY & TIMING TO MAKE YOUR BREATHING FEEL EFFORTLESS.
- SHOULDERS, ANKLES, HIPS, BACK

STROKE RATE

- THE GUYS AT THE FRONT HAVE A FASTER STROKE RATE.
- THERE IS NO GLIDE PHASE

STRENGTH, CONDITIONING, RANGE OF MOTION.

- YOU NEED A STRONGER, FLEXIBLE & TAUT MACHINE.
- GO TO: [HTTPS://VIMEO.COM/197501895](https://vimeo.com/197501895) (PASSWORD: CATCHTHESUN)

OTHER TRI NIRVANA GOODIES!

TRI NIRVANA SWIM CLINIC #1 VDO:

[HTTP://WWW.TRINIRVANA.SPACE/VIDEO/TRIATHLON-SWIM-CLINIC-1-FOUNDATIONS/](http://www.trinirvana.space/video/triathlon-swim-clinic-1-foundations/)

CORE FLEXIBILITY NATURAL MOVEMENT ROUTINE BY COACH SAM:

[HTTPS://VIMEO.COM/159451259](https://vimeo.com/159451259)

WELCOME TO TRI NIRVANA:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=4HFMKMB8BDM](https://www.youtube.com/watch?v=4HFMKMB8BDM)

TRI NIRVANA TRAINING CAMPS IN SICHON:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=QZQWTGZB858&T=1S](https://www.youtube.com/watch?v=QZQWTGZB858&T=1S)

[HTTPS://VIMEO.COM/190684951](https://vimeo.com/190684951)

SCULL BY COACH SMART:

[HTTPS://VIMEO.COM/174192920](https://vimeo.com/174192920)

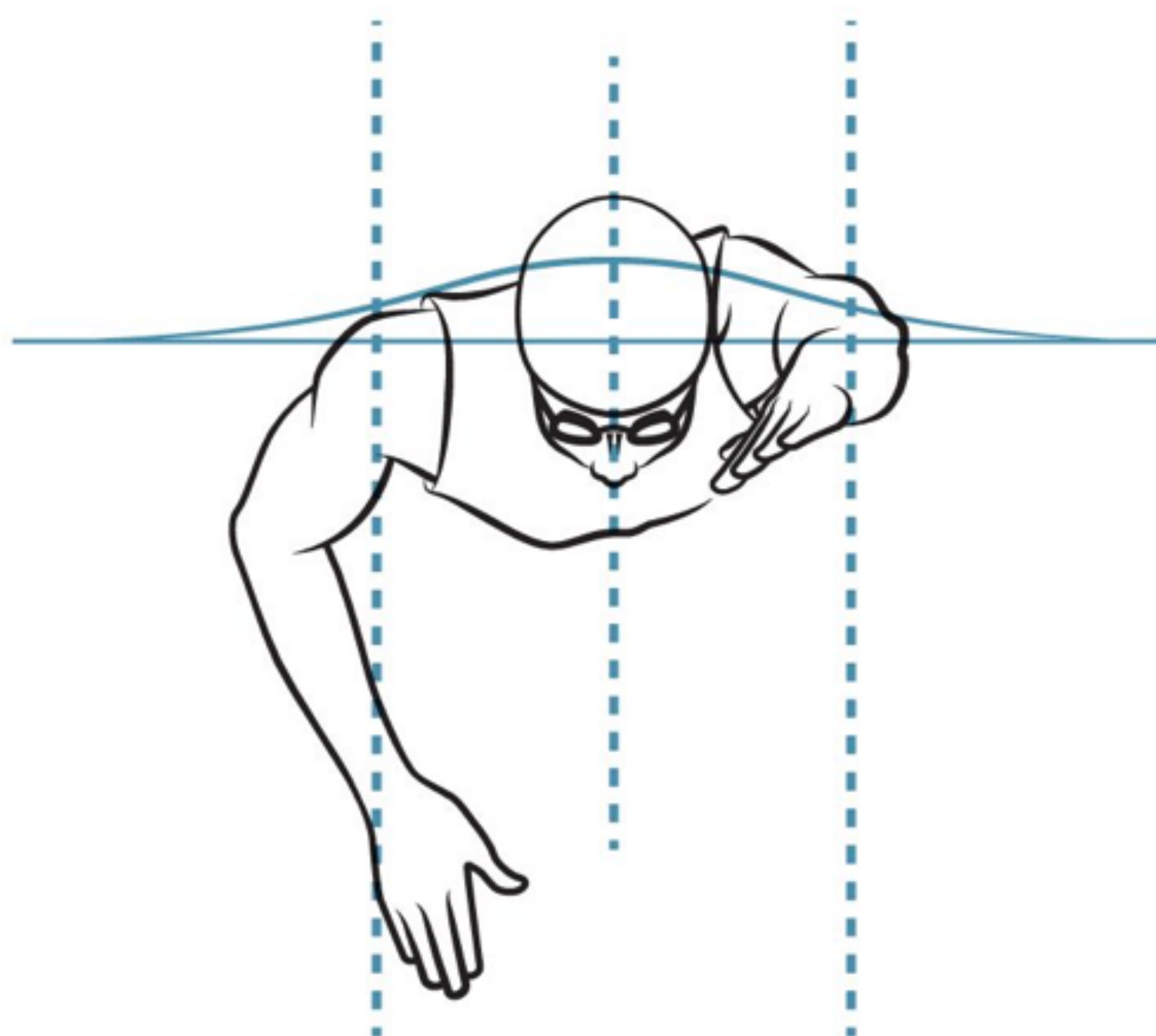
PROTIP WITH GB MASTERS OPEN WATER CHAMPION 2017 PIP BENNETT:

[HTTPS://VIMEO.COM/168591284](https://vimeo.com/168591284)

PROPER SWIMMING TECHNIQUE

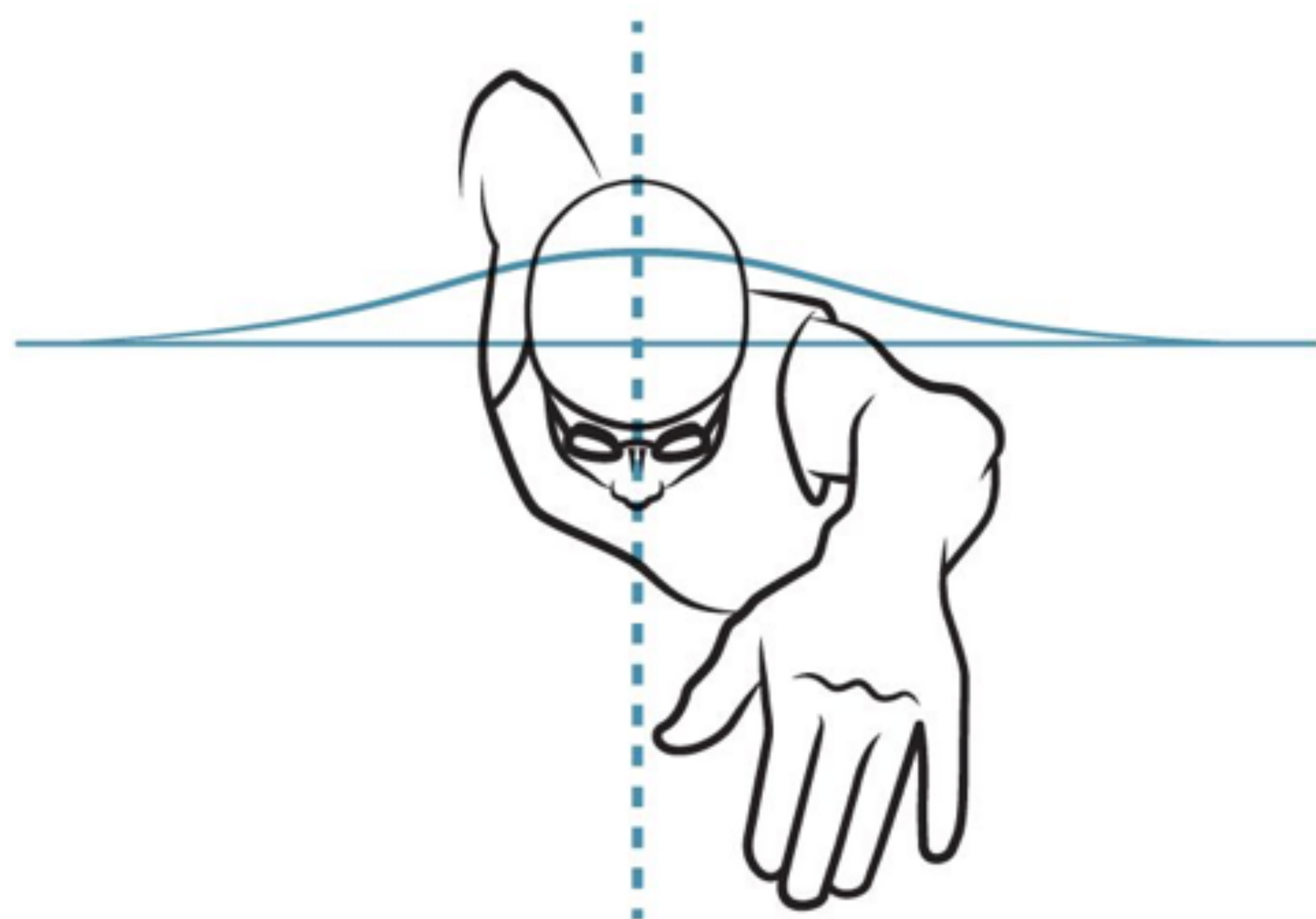
ENTRY

Let the hand drop into the water (avoid mechanically placing it), not at full arm extension but far from the head. The hand should fall between your center line and the outside line of your shoulder without any forceful action. All active effort occurs once the hand is in the water, so the entry is passive and relaxed.



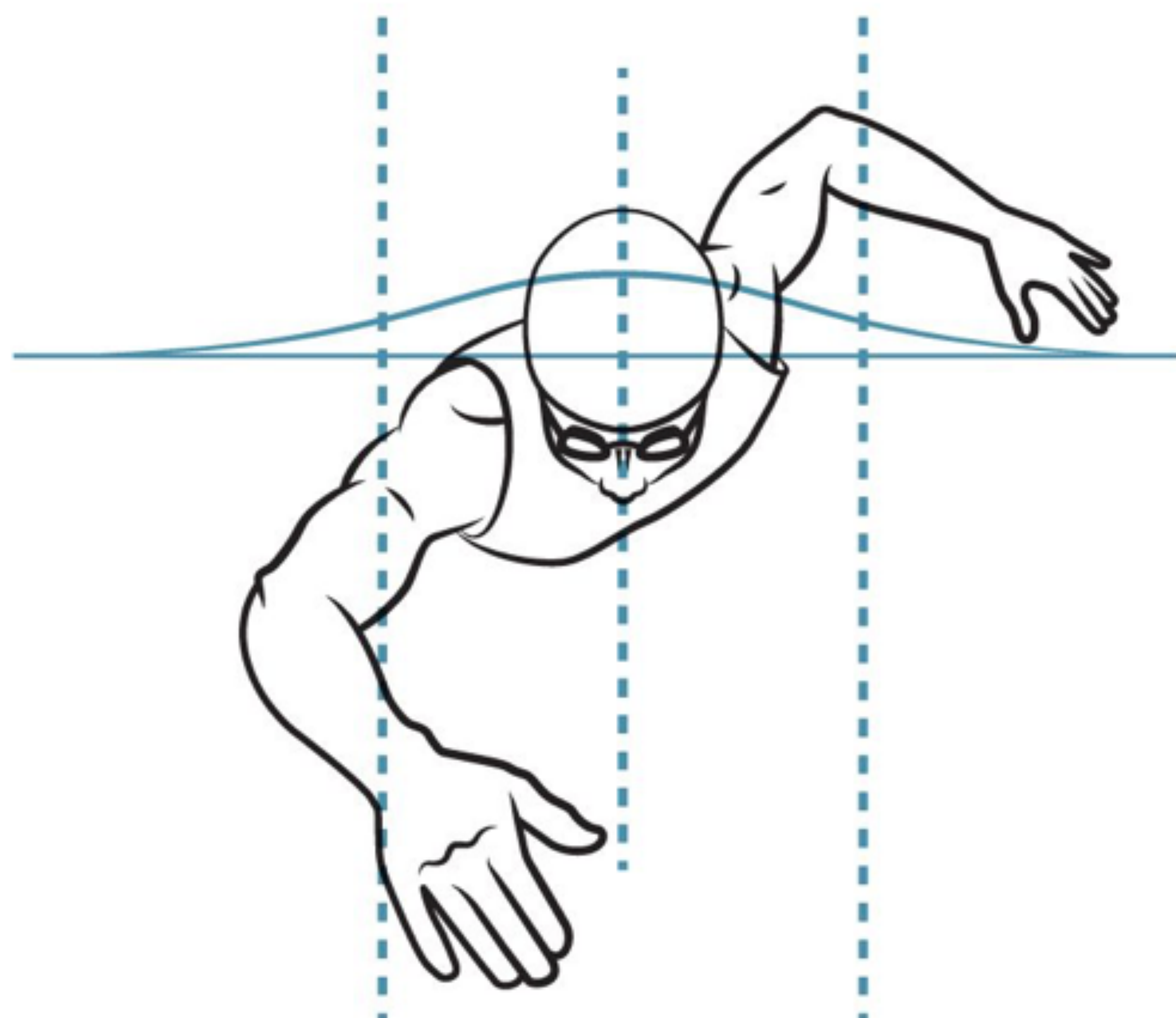
PROPULSIVE PULL

There is no glide in swimming. Once the hand enters, the goal is to “collect” water while achieving a biomechanical position that maximizes the opportunity to push water back, creating propulsion. The pull itself begins with this catch—a smooth motion accelerating to a violent drive of water behind the body. All the while, the hand and arm maintain good purchase on the water, staying inside that same channel from center line to the outside of the shoulder.



RECOVERY

Finish the pull phase by accelerating water past the hip, then move to the passive, relaxed recovery phase, where the hand transitions from pull exit back to entry. Traditional swimmers will focus on a high elbow and relaxed shoulder-shrug recovery, but this is less important in open-water swimming or for the typical triathlete. Just stay relaxed and leave the active work for when the hand is in the water.





Coach Sam
093 578 8505



www.trinirvana.space

RAIN? WE TRAIN! V1.0

WEEK 1

MON	CHILL OUT!	★	CHILL OUT!
TUES	RUN: WU: 3MINS WALK, 3MINS JOG, MAIN: 12- 16KM LONG RUN STEADY PACE, CD: 5MINS WALK FAST	★	SWIM: WU: 400M YOUR CHOICE EASY, 200M AS 4X(25M DRILLS, 25M EASY), REST20SEC, 200M AS 4X(25M FAST, 25M EASY, REST30SEC, 200M BUILD INTO MAIN SET, MAIN: 4X(50M BELOW RACE PACE, REST60SEC), 100M EASY, REST2MINS, 6X(25M RACE PACE, REST5SEC), 200M EASY, REST3MINS, 50M BLAST! CD: 200M EASY
WED	BIKE: WU: 10MINS BUILDUP CADENCE, 8MINS HIGH CADENCE BUILD UP POWER, 6MINS EASY SPIN, MAIN: 45MINS BALANCE OF POWER & CADENCE @ MEDIUM EFFORT, MAIN2: RUN OFF BIKE (1KM RACE PACE, 3KM EASY), CD: 5'WALK FAST	★	RUN: WU: (3MINS WALK FAST, 7MINS JOG), 5X(25M DRILLS, 25M WALK), 5X(100M HANUMANSTRIDES , REST60SEC), (2KM BUILD INTO MAIN SET), MAIN: 6-8X(1KM RACE PACE, REST30SEC), CD: 5- 10MINS WALK FAST
THUR	SWIM: WU: 100M EASY, 200M MIXED STROKE, 300M AS 2X(50M KICK, 150M EASY), 400M DRILLS AS 8X(25M DRILLS, 25M EASY), MAIN: CHOICE OF 10- 14X50M AS (25M SCULL + KICK FAST, 25M SWIM EASY, REST30SEC), MAIN2: (200M SWIM SMOOTH, REST60SEC), CD: 4X50M. MIXED STROKE	★	RUN: WU: 5MINS WALK FAST 5MINS JOG, MAIN: 90MINS EASY STEADY, CD 5MINS WALK FAST
FRI	BIKE: WU: 10MINS EASY SPIN, MAIN: 30MINS BUILDUP POWER TO 60-65%FTP, 30MINS BIGGEST GEAR AIM FOR 50RPM, CD: 10MINS HIGH CADENCE	★	SWIM: WU: 400M YOUR CHOICE EASY, 200M AS 4X(25M DRILLS, 25M EASY, REST20SEC), 200M AS 4X(25M FAST, 25M EASY, REST30SEC), 200M BUILD INTO MAIN SET, MAIN: 3X(200M EASY, REST60SEC, 150M FAST, REST60SEC, 100M EASY, REST60SEC, 50M BLAST! REST60SEC) - REST2MINS BETWEEN EACH SET, CD: 400M EASY
SAT	RUN: WU: 3MINS WALK 17MINS JOG, MAIN: 60MINS EASY STEADY PACE, CD: MINS SLOW DOWN, 5MINS WALK FAST	★	SWIM: WU: 400M MIXED STROKE, 200M AS 2X(25M KICK FAST, 75M EASY, REST15SEC), 200M AS 4X(25M DRILLS, 25M SMOOTH, REST30SEC), 200M AS 4X(25M SPRINT, 25M EASY, REST60SEC), 200M BUILD INTO MAIN SET, MAIN: 4X(150M MEDIUM, REST10- 15SEC), CD: 400M MIXED STROKE
SUN	BIKE: WU: 20MINS BUILDUP CADENCE, MAIN: 90MINS BUILDUP SPEED, STEADY POWER (KEEP IT BELOW HARD EFFORT), MAIN2: RUN OFF BIKE (3MINS BLAST! 7MINS EASY RUN), CD: 5MINS WALK FAST	★	CHILL OUT!

WEEK 2

MON	RUN: CORE UPGRADE + FOOT STRENGTH ROUTINES 30MINS (SEE WWW.TRINIRVANA.SPACE)	★	CHILL OUT!
TUES	RUN: WU: 2MINS WALK FAST, 2MINS JOG, MAIN: 5-7KM. BUILDUP SPEED TO 10KM RACE PACE, CD: 5MINS WALK FAST	★	SWIM: WU: 400M YOUR CHOICE EASY, 200M AS 4X(25M DRILLS, EASY, REST15SEC), 200M AS 2X(50M FAST, 50M SMOOTH), REST30SEC, 200M BUILD INTO MAIN SET, MAIN: CHOICE A: 3X(500M MEDIUM, REST30-60SEC, CHOICE B: 3X(800M MEDIUM, REST30-60SEC , CD: 4X(25M EASY, 200M YOUR CHOICE
WED	BIKE: WU: (5MINS BUILDUP CADENCE, 5MINS BUILDUP POWER), (5MINS OF 20SEC FAST, 20SEC EASY), (15MINS EASY STEADY, BIGGEST GEAR, AERO POSITION), MAIN: (6MINS FAST, 6MINS EASY), (3MINS FASTER, 5MINS EASY), (2MINS BLAST! 4MINS EASY), (1MIN BLAST! 3MINS EASY), CD: 20MINS EASY SPIN AT NATURAL CADENCE	★	RUN: WU: (5MINS WALK FAST, 5MINS JOG), 5X(25MINS HANUMANSTRIDES , REST45-60SEC), (5MINS BUILD INTO MAIN SET), MAIN: 6-8X(800M RACE PACE, 200M JOG), CD: 5- 10MINS WALK FAST
THUR	SWIM: WU: 200M YOUR CHOICE EASY, 200M AS 2X(25M SCULL, 75M EASY), REST15SEC, 200M AS 4X(25M FAST, 25M EASY), REST30SEC, 200M TIMETRIAL , MAIN: 3X(500M ZONE 2-3 REST30SEC), 4X(25M ZONE 4, REST60SEC), 5X(50M EASY WITH PADDLES, REST30SEC), CD: 350M YOUR CHOICE EASY	★	RUN: WU: 5MINS WALK, 5MINS JOG, MAIN: 70MINS KEEP IT EASY, CD: 5MINS WALK FAST
FRI	BIKE: WU: (5MINS BUILDUP CADENCE, 5MINS BUILDUP POWER), (5MINS OF 20SECFast, 20SEC EASY), (15MINS EASY STEADY BIGGEST GEAR AERO POSITION), MAIN: TRIAL SET WITH NEGATIVE SPLITS & 1KM REST BETWEEN SETS, 5KM @70%MAX, 4KM @75%MAX, 3KM @80%MAX, 2KM @90%MAX, 1KM @100%MAX, CD: 15-20MINS EASY SPIN	★	SWIM: WU: 400M EASY, MAIN: 600M EASY W PULLBUOY, 800M EASY W PADDLE PULLBUOY, CD: 200M NO TOYS
SAT	RUN: WU: 10MINS WALK FAST, MAIN: 15KM. EASY-MEDIUM, FINAL 5K @HARD EFFORT, CD: 5MINS WALK FAST	★	SWIM: WU: 400M EASY MIXED STROKE, 4X(25M HEAD-UP SPRINT W HARD KICK, REST60SEC), MAIN: 1000- 1500M NON STOP EASY, CD: 10X(25M START FAST & SLOW DOWN, REST20SEC)
SUN	BIKE: WU: 20MINS BUILDUP CADENCE, MAIN: (1HR MEDIUM 1HR HARD W BIG GEAR), CD: 10MINS RUN OFF BIKE	★	CHILL OUT!

YOUR GUIDE			
WEEK 1			
MON	EASY GUIDE FOR YOUR PLAN		
TUES	SWIM	★	SWIM SESSIONS
WED	BIKE	★	BIKE SESSIONS
THURS	RUN	★	RUN SESSIONS
FRI	WU	★	WARM UP
SAT	CD	★	COOL DOWN
SUN	If you need any advice or have any questions about your training plan just add us on Facebook: Chotibund , Smart Slanon CH We're here to help you get to your goal FASTER FASTER FASTER!		
WEEK 2			
MON	HANUMANSTRIDES	★	CLICK WWW.TRINIRVANA.SPACE FOR DRILLS & TECHNIQUE
TUES	BLAST	★	FAST & HARD
WED	RUN: CORE UPGRADE + FOOT STRENGTH ROUTINES 30MINS (SEE WWW.TRINIRVANA.SPACE)	★	CLICK WWW.TRINIRVANA.SPACE FOR DRILLS & TECHNIQUE
THURS	FLEXIBILITY SESSION	★	WWW.TRINIRVANA.SPACE
FRI	CHILL OUT!	★	CHILL OUT... YOU'VE EARNED IT!
SAT	TRI: CORE & FLEX + SWIM: FLEX & STRETCH 30MINS	★	CLICK WWW.TRINIRVANA.SPACE FOR DRILLS & TECHNIQUE
SUN	If you need any advice or have any questions about your training plan just add us on Facebook: Chotibund , Smart Slanon CH We're here to help you get to your goal FASTER FASTER FASTER!		
COPYRIGHT TO TRI NIRVANA ST CO., LTD, 2016			

ONLINE COACHING

- TRAINING PEAKS APP SET UP FOR COMMUNICATION & FEEDBACK
- ATHLETE ASSESSMENT & PLAN DESIGN
- ONLINE CONSULTATION WITH ELITE PROS
- FEEDBACK & ANALYSIS OF CURRENT FITNESS, FATIGUE & FORM
- DESIGNED FOR YOUR NEXT RACE & BEYOND
- FULLY ADAPTIVE & PERSONALIZED TRAINING PLAN THAT CHANGES WITH YOU!

Like us? Choose a training package!

any package you'll choose will be AWESOME!

BASIC MONTHLY

₱

7k

1 Month

1x Private Session

Video Analysis

Continuous feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

BASIC QUARTERLY

₱

15k

3 months

1x Private Session

Video Analysis

Continuous feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

6 MONTH + ELITE ZONE

₱

30k

6 Months + ELITE ZONE ACCESS

ELITE ZONE ACCESS

3x Private Sessions

Video Analysis

Continuous EXPERT Feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

12 MONTH + ELITE ZONE

₱

50k

12 Months + ELITE ZONE ACCESS

ELITE ZONE ACCESS

6x Private Sessions

Video Analysis

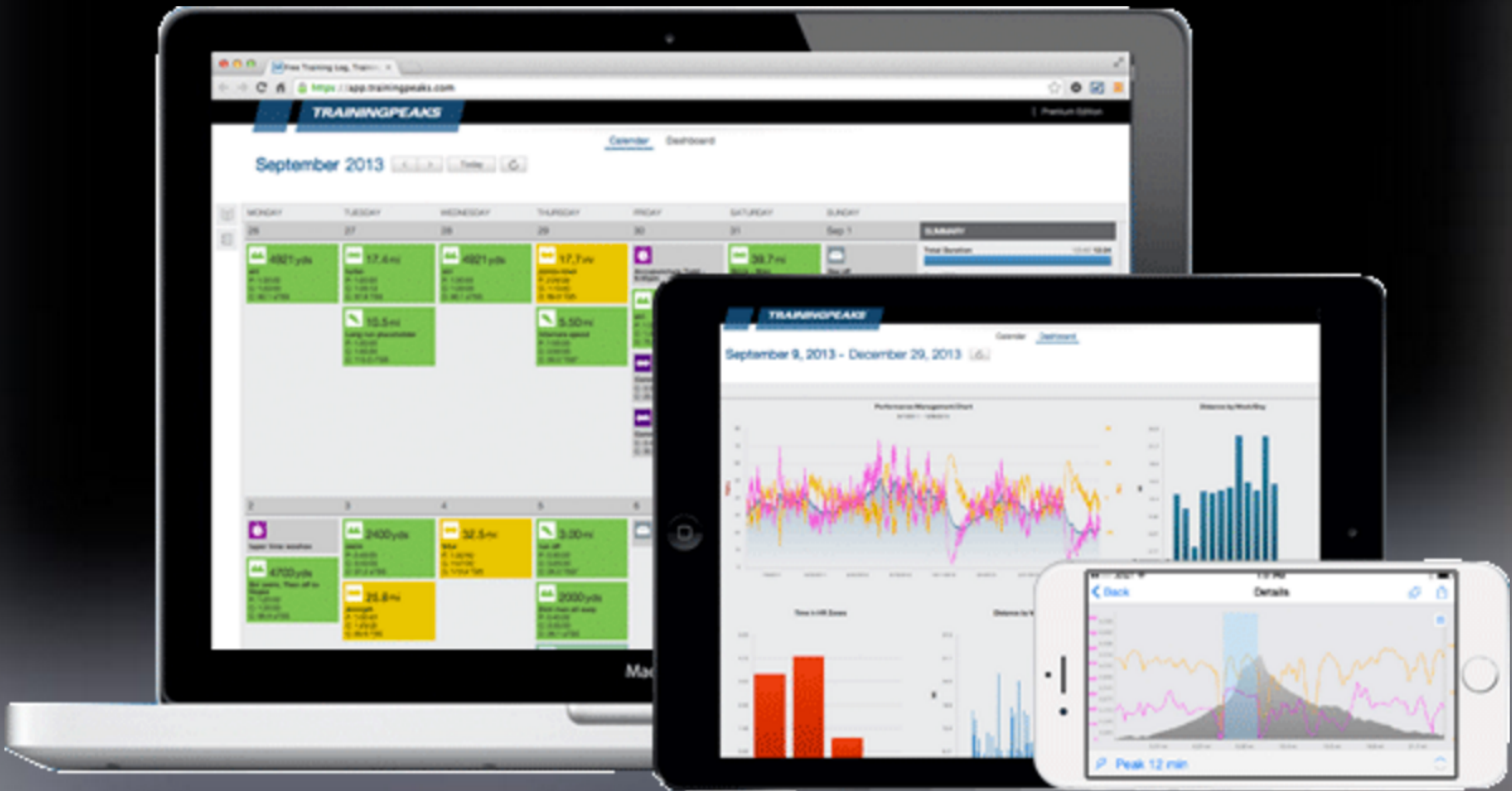
Continuous EXPERT Feedback

Detailed Performance Analysis for MAX XP!

SIGN UP & LEVEL UP

Put Sam & Smart in your pocket & LEVEL UP!

SPRINT, DUATHLON, SWIM, BIKE & RUN focus plans available!



MOTIVATION



TECHNIQUE



ENDURANCE



RACE STRATEGY

TRI NIRVANA ST - COACHING

PRIVATE COACHING

฿15,000 / 10 CREDITS

PLEASE NOTE THAT WEEKEND SESSIONS ARE LONGER IN DURATION

1-T0-1

฿1,500 / 1-T0-1 PRIVATE SESSION (WEEKDAY)

฿2,000 / 2 PEOPLE GROUP SESSION (WEEKDAY)

฿2,500 / 3 PEOPLE GROUP SESSION (WEEKDAY)

฿2,000 / 1-T0-1 PRIVATE SESSION (WEEKEND)

฿2,500 / 2 PEOPLE GROUP SESSION (WEEKEND)

฿3,000 / 3 PEOPLE GROUP SESSION (WEEKEND)

TRI-NIRVANA'S ELITE & EXPERIENCED TRIATHLETE COACHING TEAM (SMART & SAM) ARE SPECIALISTS ON THE FOLLOWING CORE ELEMENTS:

- MOTIVATION & DRIVE (แรงผลักดัน)
- BEHAVIOURAL CHANGE (เปลี่ยนแปลงพฤติกรรม)
- CORE STRENGTH & CONDITIONING (เพิ่มความแข็งแรงของลำตัว และความพร้อมของร่างกาย)
- FLEXIBILITY (ความยืดหยุ่น)
- FOCUS TECHNIQUE (SWIM/BIKE/RUN)
- FOCUS ENDURANCE (SWIM/BIKE/RUN)
- NUTRITION (โภชนาการ)
- TRIATHLON EQUIPMENT ADVICE (ปรึกษาและให้คำแนะนำด้านอุปกรณ์)
- RACE STRATEGY (กลยุทธ์ทางการแข่งขันขั้นสูง)

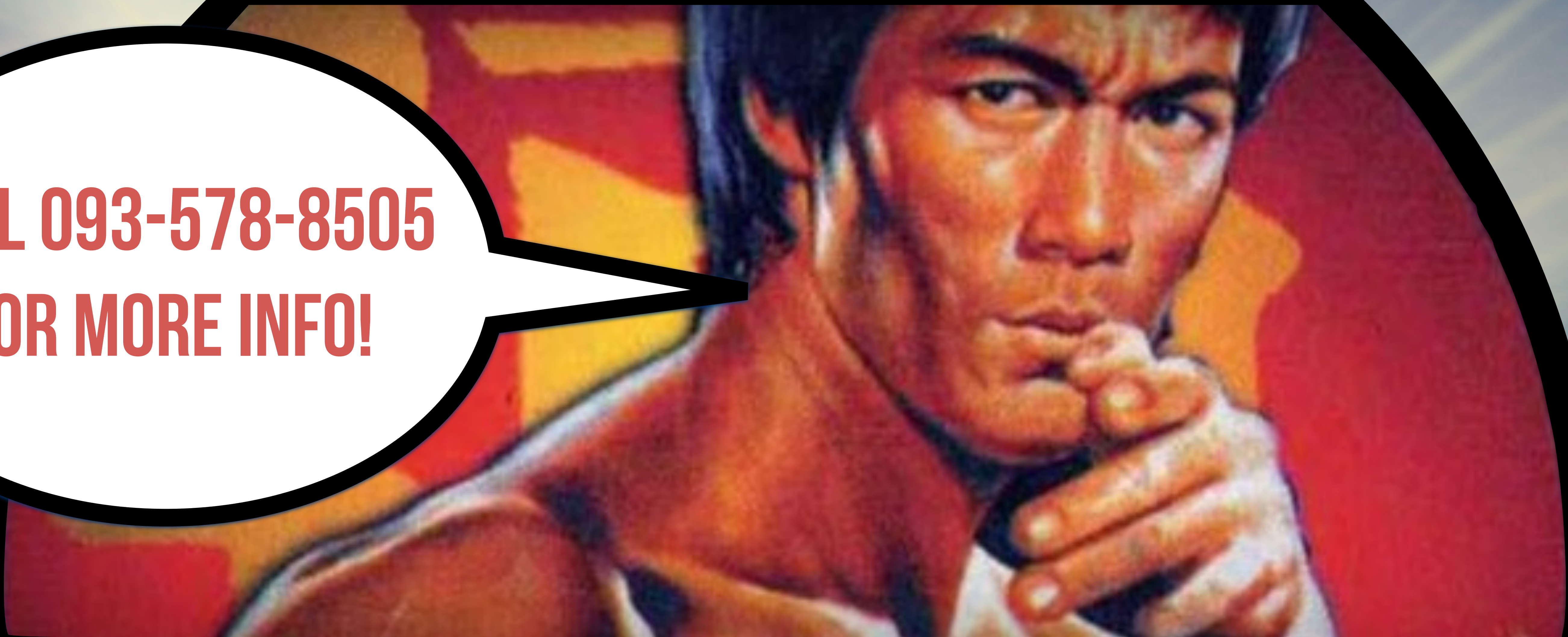


WWW.TRINIRVANA.SPACE

COPYRIGHT TO TRI NIRVANA ST CO., LTD, 2016

***Congratulations!
What will you LEVEL UP next?***

**CALL 093-578-8505
FOR MORE INFO!**



**HE WHO IS NOT COURAGEOUS ENOUGH
TO TAKE RISKS WILL ACCOMPLISH
NOTHING IN LIFE. -MUHAMMAD ALI**

BRUCE LEE

***Follow
@samtrinirvana
@smartychan
@tri_nirvana
4 inspiration***

THANK YOU .. Time to LEVEL UP!



WWW.TRINIRVANA.NET

COPYRIGHT TO TRI NIRVANA ST CO., LTD, 2016